

Specialized Methamphetamine Programs



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KESYTONE CORRECTIONAL METH PROGRAM

This is an Intensive Inpatient Long Term Treatment Program that is utilized only in extreme cases and when all other means of treatment have been exhausted. This program is an alternative to violating the conditions of parole/probation, rather than returning the client to a correctional institution.

The Keystone Correctional Methamphetamine Treatment Program started on October 4, 2004. As of June 1, 2008; 59 of the 97 clients (61%) placed in the Keystone program have either completed or are still involved in the program.

There are 4 phases to the program:

Phase One-Stabilization: Initial and ongoing assessment in a medically monitored detoxification setting. The length of this phase is based on individual need under the direction of medical personnel. Physicians, Nursing and Mental Health Staff, and Chemical Dependency Counselors will comprise the clinical care team during Phase I. If a client is admitted and is not experiencing withdrawal, he/she must be moved into Phase II within 3 working days. This phase will be at Keystone Treatment Center in Canton.

Phase Two-Intensive Treatment: A medically monitored residential methamphetamine specific treatment program. This phase includes individual and family therapy. Offenders will be assigned a mentor who will work directly with them for the remainder of the year long continuum of care. Although some standard chemical dependency treatment approaches including education, individual, group, and family therapy will be used; other medical, behavioral, and mental health interventions will also be applied as indicated and appropriate. Physicians, Nursing and Mental Health Staff and Chemical Dependency Counselors will comprise the clinical care team during Phase II. This phase will be at Keystone Treatment Center in Canton. Phase I and II are a total of 30 days.

Phase Three-Structured Living: After successful completion of phase II, each individual will be admitted to a high intensity residential stay facility (Half-Way House or Community Transition Program). This phase will last 90 days and will include a 6-8 week Intensive Outpatient Treatment Program (IOP), followed by continuing care services. Physicians, Nursing and Mental Health Staff and Chemical Dependency Counselors will comprise the clinical care team during Phase III. Continued work on primary chemical dependency issues, attendance at appropriate social support networks and/or 12 step programs, continued mental

health care, life skills training and work therapy would be included in the care plan during this phase.

Phase Four-Community Placement: Return to the home community and link with existing community resources, local Methamphetamine Coalitions and remain in contact with the mentor for the remainder of the year long continuum of care. Individuals will be linked to the existing Methamphetamine Awareness and Prevention Project (currently funded through the Department of Justice, COPS Program) and admitted to a continuing care program in a community chemical dependency agency. Methamphetamine Awareness and Prevention Professionals and Chemical Dependency Counselors will comprise the clinical care team during Phase IV. Continued work on ongoing chemical dependency issues, attendance at appropriate social support networks and/or 12 step programs, and continued mental health care would be included in the care plan during this phase.

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CITY/COUNTY ALCOHOL & DRUG PROGRAMS

This is a Long Term Day Treatment Program at the Friendship Halfway House in Rapid City, SD. The Program consists of detoxification, a 6 month minimum residential program at the halfway house, followed by 6 months of aftercare. This program is for males only.

The City/County Alcohol & Drug Program Methamphetamine Treatment Program started on August 24, 2005. As of June 1, 2008; 40 of the 79 clients (51%) placed in the program have either completed or are still involved in the program.

There are 4 phases to the program:

Phase One-Stabilization: Initial and ongoing assessment in a Medically Monitored Social Detox setting. The length of this phase is based on individual need under the direction of medical personnel. Physician, mental health staff, and chemical dependency counselors will comprise the clinical care team during Phase I. If a client is admitted and no longer experiences withdrawal symptoms, he will be moved into Phase II to begin Day Treatment. Random breathalyzer and drug screening is conducted at all phases.

Phase Two-Intensive Day Treatment: This methamphetamine specific Day Treatment program consists of 20-hours of therapy per week for 8 weeks, located in a residential setting. This phase includes individual, group and family therapy. The Matrix Treatment Model, an evidence-based Intensive Outpatient Treatment Program for alcohol and drugs proven effective in the treatment of methamphetamine addiction, is used. Corrective Thinking, using the TruThought Manual, is also used to assist clients in responsible decision-making. Twelve-Step sponsorship is highly encouraged in this phase of treatment. Case Management, EMT/tech staff, and chemical dependency counselors will comprise the clinical care team during Phase II. Mental health services are available, if needed, at Behavior Management System (BMS) or Sioux San Mental Health in Rapid City.

Phase Three-Structured Living: After successful completion of Phase II, each individual will be admitted to an Intensive Outpatient Treatment program and receive a minimum of 15-hours of therapy per week for 8 weeks, while residing in a residential setting. This phase includes individual, group and family therapy. Case Management, EMT/Tech staff and chemical dependency counselors will comprise the clinical care team during Phase III. The Matrix Model of Treatment and the Truthought curriculum continue to be utilized in the therapy. Continued work on primary chemical dependency issues, attendance at appropriate social support networks and/or 12-step programs will continue in this phase.

Phase Four-Community Placement: Each client will reside in the halfway house for a Low-Intensity Residential Treatment Program for 90 days. They will receive a minimum of five hours of therapy per week. In this phase they will be transitioned from the residential setting to their own residence. Upon discharge from this phase they will attend 6 months of aftercare.

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SD WOMEN'S PRISON

INTENSIVE METHAMPHETAMINE TREATMENT PROGRAM

This is an Intensive Correctional Based Treatment Program for inmates residing in the Women's Prison in Pierre. The program is designed for a capacity of 24 inmates for 15 months of programming; including 3 months in the main Prison, 3 months in the Therapeutic Community, 3 months in a Half Way House, and 6 months on Aftercare while living in their own residence. There are approximately 96 slots per year.

The Intensive Methamphetamine Treatment Program at the Women's Prison started on August 21, 2006. As of June 1, 2008; 120 of the 149 clients (81%) placed in the SDWP Intensive Methamphetamine Treatment Program have either completed or are still involved in the program.

There are 4 phases to the program:

Phase One-Stabilization: Each inmate that enters the prison system is assessed by a Chemical Dependency Counselor. Inmates with a Methamphetamine diagnosis may be referred to the Intensive Methamphetamine Treatment Program (IMT). Since this program is located in H Unit, they must meet Low-Medium custody status to allow them to reside in a Trustee Unit and their Parole Release date must not be affected. Data Collection and Assessment Instruments are administered by the SDWP Assessment Counselor and sent to Mountain Plains Evaluation.

Once identified as meeting these criteria, the inmate is scheduled for the IMT program by the DOC Case Manager. This group of inmates will meet twice per week with the IMT Chemical Dependency Counselor that will facilitate the group they are scheduled for. This phase will be in the Main Prison or in H Unit and will last approximately 90 days.

Phase Two-Intensive Treatment: Phase two consists of 90 days of Intense Chemical Dependency Treatment, focusing on Methamphetamine addiction. The program is 6 days per week with approximately 260 hours of specific Chemical Dependency Treatment, as well as 195 hours of additional therapy, to include Mental Health Counseling, Education, Life Skills, Corrective Thinking, and group processing for a total of 455 hours of therapy. The program is based on principles of the nationally recognized; research based Matrix Model, a highly structured, intensive program which includes the following treatments for stimulant use disorders that have empirical support; Cognitive Behavior Therapy, Contingency Management, which involves positive rewards for treatment progress; 12 step programs and Community Reinforcement. This approach is evidenced based and monitored by assessment tools to prove efficacy. Data Collection and Assessment Instruments are administered by the SDWP Treatment Counselor at the beginning and end of Phase 2 and sent to Mountain Plains Evaluation.

Phase Three-Structured Living: Phase three consists of approximately 90 days of Low Intensity Residential Treatment (Level III.1) at a local Half Way House. Parole Agents may require clients to stay longer than 90 days and save an appropriate amount of money prior to being released. For the first month this level of care will require 16 hours of therapy per week; to include 5 hours of specific Chemical Dependency Services, 2 hours of Corrective Thinking, 2 hours of Recovery Support (AA/NA), 7 hours of Individualized Therapy, and Release Planning. Individualized Therapy may include; parenting, life skills, domestic violence, mental health counseling, and case management. This therapy may be provided in a group setting or on an individual basis. For the remaining two months, the client will be placed in

regular III.1 programming which requires 5 hours of Chemical Dependency Services per week.

Although these clients are residing in a Community Half Way House, they may or may not have reached their initial Parole Release Date. Once they complete Phase 2 of the IMT Program they will be released from the Prison and will reside in a Half Way House, as long as they meet the custody status set by the Department of Corrections to be released. They will complete the remainder of their sentence in the Half Way House. The clients will not be allowed to work in the first two weeks. After the first two weeks, the ability to work will be determined by the Treatment Team at the Half Way House. The Treatment Team may consist of Half Way House Counselors, the Parole Agent, the DOC Unit Manager and Case Manager, and Division Staff. Agencies are not allowed to charge the client above the Division's Reimbursement rate for this level of care. Clients will also be randomly drug tested every 3 days. Data Collection and Assessment Instruments are administered by the Half Way House at the end of Phase 3 and sent to Mountain Plains Evaluation. If a client is returned to prison for any reason, they will receive an updated assessment and the treatment team will decide what services they will need. Occasional phone conferences will be held with the SDWP Case Manager, the Half Way House Counselor, H-unit mental health counselor, SDWP CD supervisor and/or primary counselor, and the client.

Phase Four-Community Placement: Phase four consists of 180 days, divided into two 90 day sub-phases. At this point in the program, the clients will be residing in their own residences. Some clients may not be ready to leave the half way house after 90 days. They may request to stay longer, but will be moved to the regular III.1 contract for billing purposes. For the first 90 days the client will be required to attend 2 hours of Aftercare (Level 1) per week, 1 hour of Recovery Support per week, and 1 individual counseling session per month. Agencies may not charge the client a co-pay above the Division's reimbursement. For the second 90 days the client will be required to attend 1 hour of Aftercare per week, 1 hour of Recovery Support per week, and 1 individual counseling session per month, if needed. The client will be responsible for payment for this 90 day sub-phase.

Clients will also be drug tested by the Department of Corrections. Testing will be done at the continuous detection level for phase 4 participants who are inmates on work release status residing at a halfway house or other work release placement. Parolees on phase 4 will be UA tested at the continuous detection level for the first three months of phase 4. After three months of negative tests in the community, the parolee may be scaled back to random UA tests at an average of 2 times per month for the remaining three months of phase 4. Any indication of relapse will result in reinstatement of UA testing at the continuous detection level.

Following completion of the 6 month Aftercare Program, continued services will be determined by the Treatment Team at the Half Way House. The Treatment Team may consist of Half Way House Counselors, the Parole Agent, the DOC Transition Case Manager, and Division Staff. Data Collection and Assessment Instruments are administered by the Aftercare Counselor at the end of Phase 4 and sent to Mountain Plains Evaluation.

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